

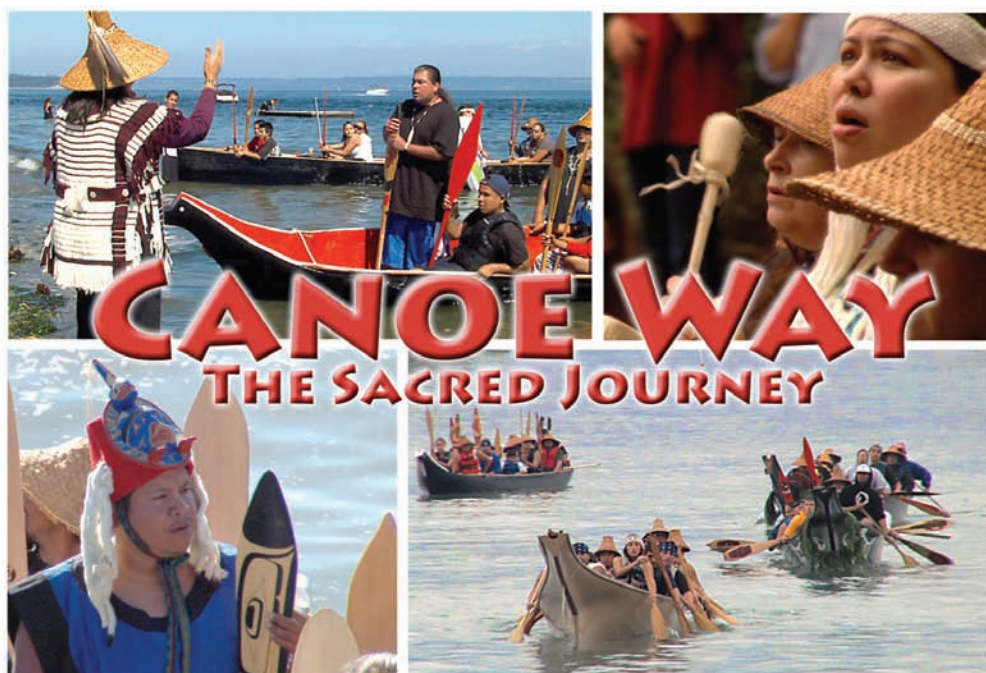


Canoe Journey 2009 Paddle to Suquamish

The Annual Canoe Journey to Suquamish, Celebrating the 20 Year Anniversary of Paddle to Seattle 1989, will begin on July 25th when the Nisqually Tribe will host the canoe families starting from Nisqually. Squaxin Island has plans to travel the Hood Canal route after a few days in Nisqually & Squaxin waters, scheduled to reach Suquamish on August 3rd.

Volunteers are always appreciated, and weary paddlers love to see their family and friends along the way cheering them on.

See Page 6 for the schedule, or contact Jeremiah George for more details @ 360.432.3968 or jgeorge@squaxin.nsn.us.



See the world premier of the documentary
Canoe Way: The Sacred Journey.

Hear from Native elders, leaders and youth as they tell the story of Tribal Journeys, and how the Canoe Movement has brought healing through tradition to Indian people of the Pacific Northwest. The 60 minute film features Squaxin Island Youth and is narrated by Charlene Krise. Also, meet the filmmakers Mark Celletti and Robert Satiacum of Cedar Media.

Wednesday, July 8th 7pm
Squaxin Island Tribe
Museum and Research Center
150 SE K'WUH-DEEGS-ALTXW
Shelton, WA 98584
360.432.3841

www.CanoeWay.com

Pool Grand Opening

The Grand Opening of the pool is tentatively scheduled for Monday, July 6th, to coincide with the first day of Summer Rec. Watch for a mail-out coming soon with all the details.



Also Coming Soon!!

New KTP Express Project is on the Move!

Tyson Kruger - KTP Express construction is really continuing to move along. KTP Express is going to be a card-based service station and also a drive-through for tobacco and espresso. Stay tuned for more information and details as they become available!!





COMMUNITY



This bronze plaque at SPSCC was created by Andrea and Steve Sigo and pays tribute to the Squaxin Island Tribe. It stands alongside the welcome pole created by the artists in 2005.



Necklace Sales To Benefit Museum Exhibit

Leslie Johnson, Squaxin Island Tourism Director, made these necklaces to raise money to display the latest Mud Bay Discovery (2007).

"I've raised much of the money to buy the display cases (almost \$8,000), but we need supplies and funding for Mandy McCullough, Curator, who volunteers a lot of her time to the museum.

"So I thought, why not combine my new found hobby, beading, with a fund raising project? The Tourism Department bought some of the beads. I won a contest at Shipwreck Beads for \$100. Then, I bought all of the rest of the beads myself. I made many of the necklaces when I was snowed in. I got hooked and have been making these necklaces ever since!"

AVAILABLE @ the museum gift shop:
Necklaces \$15/ea or 2/\$20.

All proceeds for the new museum exhibit (coming soon).



In the Spirit: Contemporary Northwest Native Arts Exhibit
July 9 through August 30, 2009
Washington State History Museum

Basketry/Weaving Classes

MLRC Classroom

Cedar Weaving

Every **TUESDAY** 4:00 to 6:00 pm



NO
LONGER
ON
Wednesday's

Learn new ways
or show us your
ways!

Ruth Whitener
Cultural & Tour
Coordinator

432-3841
150 SE Kwuh-Deegs-Altxw
Shelton WA. 98584

Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
TOLL FREE: 877.386.3645
FAX: (360) 426-6577

www.squaxinislnd.org



Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman
ARNOLD COOPER: Vice Chairman
PETE KRUGER: Secretary
ANDY WHITENER: Treasurer
MISTI SAENZ-GARCIA: 1st Council Member
MARCELLA CASTRO: 2nd Council Member
CHARLENE KRISE: 3rd Council Member

Klah-Che-Min Staff:
THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.nsn.us



Squaxin Island

PEOPLE OF THE
WATER

Sunglasses On Sale at LCCR Gift Shop

Sunglasses and cases have

PEOPLE OF THE
WATER

imprinted on them.
Made by Island Optics!
Special price for tribal members!
Stop by and get yours now!!!

**Patrick Braese,
we are all so glad to
hear of your recovery
and can't wait to see
you again!!!
We're missing you!!!
Love, everybody**

"I had a wonderful experience working with Superfly, I got to meet a bunch of new people and work with them to create an amazing movie. While I was doing Superfly I got to help write the script, be the audio guy and as a bonus I got to splatter fake blood on peoples faces, so over all I would love to jump on the chance to do it again!!!" - Wes Whitener

Superfly Filmmaking Experience

Jeremiah George - The Squaxin Island Tribe had the privilege to be the hosting site of the 4th Annual Superfly Filmmaking Experience hosted by Longhouse Media's Native Lens Program in partnership with the Seattle International Film Festival. The youth film conference is called "Superfly" because basically the youth involved are to create an entire short film from the script, planning, shooting footage, acting, to the final editing in about a day & a half so it's nicknamed "on the fly" because it's an extremely short amount of time.

The Squaxin Island Tribe was represented by five young adults from the community; Aleta Poste, Wes Whitener, Mario Rivera, Greg Lehman and Jessica Cruz. They were placed into five separate film production groups which included 45 youth from across the United States. As the Longhouse Media advertises the filmmaking conference they had 36 hours to create a short collaborative film.

Aleta Poste's group prepared a movie that featured a vision of Raven who guides the movie cast to safety. She was cast in to the movie for a role of a bully which she strangely was comfortable with & proud of her performance. Gene Tagaban, a performer from Canada who was a guest speaker by Longhouse Media played Raven dressed in his Raven regalia and carved mask.

Mario Rivera's group created a movie that had featured the Squaxin Canoe Family's fiberglass canoe and was mainly shot at the boat launch at Arcadia. He was cast as the comedy relief & his acting made one of the best performances of all of the productions His group's movie had a strong cast which translated into a well polished creation.

Wes Whitener's group produced a movie that had a lot of tough technical aspects which included how to shoot with a movie camera inside a moving car and finding the best procedure for makeup that's movie quality & believable to appear as blood. They managed to find the right filming locations which were mainly

on the Kennedy Creek Salmon Trail. Wes tells a good story of conquering the moving car shot that involved holding on for dear life. He was part of the writing crew of his group & modified the movie script into the group's own movie, stating that he wrote about 33 percent of the movie.

Greg Lehman's group put together a music video that was a great art expression. They had the most varied shooting locations that included a few spots on the Squaxin reservation and the boat launch road at Arcadia and featured a cameo of the Tribe's short white school bus. He does some drumming and singing in the movie.

Jessica Cruz's group was the only one that made a movie that had footage of authentic paddling the canoe across the water to Squaxin Island and shot on location at the Island. She was cast as the lead character and her performance in the movie validates her lead role. Bear Lewis from the Natural Resources Department has a cameo in the movie as one of the hero's. Police Chief Mike Evans from the SIPD manned the police boat & took aboard the camera crew to film the water shots. Darren Brownfield also assisted with the transportation of cast & crew on the water.

All the kids were completely involved with every aspect of the filmmaking. They all barely had enough time to have an orientation on the first day before they split into their filming teams. Each group had to brainstorm an entire game plan for who was going to play each character role in the movie, how they were going to change the movie script, the filming locations, the camera shot angles, their time tables for each task, the movie character actors had to rehearse and pretty much everything that goes into making a film. The second day they had to get all of the recording completed in time to have it all ready to be able to eat dinner at six and edit all night. Some groups had their entire teams involved with the editing of the movie. Each group used a computer program to put everything together; the film, the voice over, the music, transitions from shot to shot and captions. It was all to be

finalized by six in the morning. Most of the kids stayed up all night but not everyone was editing because sometimes only so many people can stare at a computer screen for so long or the groups were limited with time which allowed for only so much input into the project & some kids just worked themselves to sleep.

The movies from each group were shown at the Seattle International Film Festival at the Egyptian Theater in Seattle. The theater seats about 800 people & it was an advertised event so paying customers filled the seats not taken up by everyone involved with the filmmaking conference. Of course there were some who were self conscious about seeing themselves up on a big movie screen but there was nothing to be embarrassed about. Everyone was excited & enthusiastic about each of the films & the experience of the crowd involvement could be related to a theater that's filled with the biggest Star Trek fans watching a Star Trek movie because everyone was at the edge of their seats & reacted pretty loudly to every scary, funny, sad and awkward moment. There were other movies from across the world of projects from other youth groups shown also, some were weird, humorous, and deep and some put people to sleep.

There were great mentors which the Longhouse Media brought in to guide each of the groups. A lot of credit lies with the kids who did so much but the remarkable tutoring by the mentors created that environment. All of the mentors had experience making films. At times the kids struggled a little with how to approach their vision or even to come up with a vision but the mentors were there to catch all of that & set the kids in their own individual direction. The films were completely owned by the kids but the mentors assisted with each young person in finding their contribution. I really hope that I can keep with this conference because that is so hard to come by, a perfect example of how to truly positively mentor, guide, teach,

Continued on Page 5



Understanding Wants vs. Needs

Before you hit the mall or your favorite online store, you need to understand the difference between wants and needs.

Wants

The item is probably a "want" if it is possible to delay buying an item, substitute something less expensive, or to use something you already own. Wants are discretionary expenses - things you might want but don't need to live. Almost every experience and activity, from after-school sports to "shopping therapy" is a want, such as:

- Eating out
- Going to the movies
- New clothes bought just because they're the new style, when your older clothes are still stylish and functional
- Cable TV
- Cell phone ring tones
- Text messaging

The good news is that the cost of "wants" is completely within your control and you can choose not to spend money on these activities and things.

Needs

On the other hand, if the purchase is for something necessary to survive, it's likely a "need." Needs are the items or costs you need to live:

- Rent or mortgage payment
- Transportation (car loan, public transportation pass, etc.)
- Utility bill
- Food
- Basic clothing such as jeans without a designer label, especially for children

Even within this category, however, there are different levels of wants and needs. For example, a winter coat when it is snowing outside is a need, but a new shirt to change up your wardrobe is a want. Cooking inexpensive meals at home is a need, eating out at fast-food restaurants or getting take-out is a want. Some of these costs - housing and transportation costs, for example - are regular and predictable each month and you don't have a lot of control over these amounts unless you refinance a mortgage or buy a less-expensive car.

Think Before You Spend

Before you buy something, ask yourself, "Do I need this item, or do I just want it?" You may be surprised at how many things are actually "wants." If you have found that spending your money on wants makes you feel good so you forget your troubles for a while, remember how you feel when the bills arrive. Usually the euphoria is long gone and you're left with worry at paying bills you can't afford.

Q & A

June 18, 2009

Who is responsible for maintaining my yard?

Tenants are responsible for cleaning the grounds surrounding their units. Weeds and other rubbish will not be allowed to accumulate. The Public Works Division only maintains the grounds for Elders' rental units. Inoperative junk cars will not be permitted on the reservation. Any landscaping - shrubs, trees, lawns and other plants - are the responsibility of the tenants to maintain, including watering, pruning and mowing, etc.

If I have a home on the reservation, am I allowed to have someone living in a RV or out building?

Tenants cannot allow any individual to reside or dwell within a travel trailer, RV, outbuilding or other structure on the premises.

Why are some people getting new roofs and I'm not?

The Office of Housing has a long-range maintenance plan for our rental units. We expect to be painting, replacing roofs and doing maintenance actions each summer based on the plan.

Washer/Dryer/Woodstove Maintenance



DCD Upcoming Events

Tools for Success Class 2 and 3
Administration Bldg - 2nd floor
Monday, July 13, 20
4:30 p.m. - 7:00 p.m.

One on One Credit Counseling
(by appointment only)

If you have any questions about the scheduled classes or would like to attend, please call Lisa Peters @ 432-3871.

August Newsletter Will Be One Week Late

The August issue of the Klah-Che-Min will be printed August 6, one week late. Theresa will be out of the office from July 10 - August 3. Please have your August newsletter submissions turned in by July 9. Thank you!

Found

Bag of clothes on Old Olympic Highway last week. Nice clothes, tennis shoes, pants, tee shirts and socks. Call Michael Kruger to identify it:

462-0216

Cashier for Housing/Utilities/Court

Daily Hours:

7:30 a.m. - 12:00 p.m.
12:00 p.m. - 1:00 p.m. lunch
1:00 p.m. - 4:00 p.m.

We accept Visa, Mastercard and American Express.



Skookum Creek Tobacco- An Honest Tobacco Company

Traditions Cigarettes out ahead of the FDA

Congress finally moved oversight of Tobacco Manufacturing to the FDA. This action is the most sweeping tobacco-control measure ever passed by Congress, which in addition to numerous provisions, gives the Food and Drug Administration the authority to regulate tobacco products and banning cigarettes marketed as "light," "low" tar or "mild."

Frankly, if Big Tobacco had been honest, we would not need Congress to step in, and if anyone can make the claim they are an honest tobacco company it is Skookum Creek Tobacco Company.

Skookum Creek Tobacco is no stranger to taking a radically honest position when it comes to the positioning of Skookum Creek brands. As stated in article written by Doug Clark of The Spokesman Review where Doug reported, *"We Americans are so used to being lied to or having the truth spun around like a . . . meth addict that it is cause for celebration whenever someone in the public eye dares to tell it like it is. That is why I jumped and shouted hallelujah when I opened my morning newspaper on the Fourth of July and read the following: 'This will kill you. It is not good for your health. But if you are going to smoke – smoke our brand!' This refreshing bit of honest capitalism came out of the mouth of one Bryan Johnson, general manager of the Squaxin Indian Tribe's Skookum Creek Tobacco Co."*

We are the only cigarette manufacturer to be ahead of the curve in calling our newest products what they truly are, "High Air Flow Filter" rather than "lights" said Bryan Johnson, Deputy CEO of Island Enterprises Inc. and General Manager of Skookum Creek Tobacco. "We are tired of the use of the word 'lights' on cigarette brands; they are not better for you, they just let in more air. We take great pride in the quality of the products we make, and having an honest relationship with customers." The use of the word 'lights' has sparked litigation and controversy helping bring about the FDA legislation, approved by the House in April, and passing 79-17 by Senate Thursday, June 11, 2009.

When Squaxin Island Tribe's Skookum Creek Tobacco Company launched their newest micro-manufactured cigarette, Traditions it was the first cigarette to use a descriptive label of a high air filter. Made on Rez in Shelton, Washington, Traditions is one of the few honestly Native American cigarettes available in the market today. Traditions offer premium additive-free tobacco for a richer taste at an economical price. Traditions were conceived by an authentic Indian Tribe to honor the true Native American spirit.

"Other brands on the market today may appear to be tribal but Traditions is one of the few honestly Native American brands out there. Many are not aware that Natural American Spirit and Santa Fe Tobacco are owned by RJ Reynolds not a Native American, Native American Tribe or some mystic! We celebrate our Pacific Northwest Heritage right down to our packaging and 100 percent of our proceeds benefit the Squaxin Island Tribe and the surrounding community. Our rich tribal history and first nation heritage teaches us the value of freedom of choice. We are confident that if given a choice people prefer to purchase from an honest company that is authentically Native," said Robert Whitener, CEO of Island Enterprises Inc. the Economic Development Company of the Squaxin Island Tribe.

In addition to Traditions, Skookum Creek Tobacco offers Premis and Complete cigarettes as well as Island Blendz Premium and Little Cigars, all of which are micro-manufactured, using high-grade tobacco. Proceeds from the sale of all Skookum Creek Tobacco products go back to the Squaxin Island Tribe and help support community programs including early childhood education, health care, and infrastructure development. For more information about Skookum Creek Tobacco Company, products or the company's philosophy, please visit www.SkookumCreek.com.

About Skookum Creek Tobacco

With a mission to be the micro-brewery of the tobacco manufacturing world, Skookum Creek Tobacco launched in 2001. Now in its eighth year of business, Skookum Creek Tobacco offers a variety of products from high quality cigarettes to roll-your-own and cigars. Skookum Creek Tobacco offers honestly tribal products that celebrate the Pacific Northwest heritage of the Squaxin Island Indian Tribe. All cigarettes are produced on the reservation in Shelton, Washington using high-quality tobacco. The Squaxin Island Tribe also owns and operates Salish Seafoods, Kamilche Trading Post, Island Optics Eyewear, Kamilche Adventures as well as the Little Creek Casino Resort.

Contact: Martin Myers, Island Enterprises, 360-432-0231

Superfly Filmmaking Experience

Continued From Page 3

educate, train or whatever you want to call it. It's hard to find that appropriate angle to be able to reach through to someone.

It was something that was great to be a part of. The time was short because of the demanding schedule but it didn't create any limitations in any way for a single person. I hope that this experience for everyone who was a part of it is used as a spark & people take it to go where ever it is that they want to go with their lives. I asked for the youth involved to write something about their experience but I don't know if they will or will communicate entirely how much they really shined. None of the kids here at Squaxin I could ever call shy because everyone is pretty social when you give any chances. Our kids were so awesome & just amazed me but I'm amazed by all our kids here in this community for different reasons. I just hope that more take any opportunity to be involved with things that have goals similar to this filmmaking conference to be allowed to grow and not just the youth or young adults. I have to put an advertisement in for our Canoe Family because we hope that new people get involved to be able to share similar kinds of experiences of this kind of nature together. That's the goal of the Canoe Family to give the opportunity to learn, shine & grow together in a way that our ancestors did. That's just how I relate this experience of this filmmaking conference and it reached me just as deeply as the Canoe Journey does.

OPEN HOUSE

**Come celebrate the beginning of
Island Enterprises'
Business Development Center***

**July 21st
2:00 - 6:00 PM
Business Development Center Office
21 SE Simmons Rd
Shelton, WA 98584
(Yellow building across the road from Childcare)**

Food & Refreshments Provided

**Come and learn about the services and programs planned for
the entrepreneurs in our community.**

See the office, ask questions, use the business library & more!

**Soon to have a catchier and more marketable name*

For questions or info contact: Jennifer Whitener Ulrich
jwulrich@ieinc.org (360) 870-6246



ISLAND ENTERPRISES INC
Weaving a strong business foundation for the
Squaxin Island Tribe's future.



CANOE JOURNEY



ATTENTION **SQUAXIN ISLAND COMMUNITY**

THE SQUAXIN ISLAND CANOE FAMILY HAS RECENTLY FINALIZED THIS YEAR'S CANOE JOURNEY ROUTE THAT WILL TRAVEL TO SUQUAMISH FOR THE 20 YEAR ANNIVERSARY OF PADDLE TO SEATTLE 1989

WE HAVE BEEN INVITED BY OUR RELATIVES FROM NISQUALLY & SKOKOMISH TO TRAVEL THE HOOD CANAL ALONG WITH 20 OTHER CANOES FROM OTHER TRIBES, INCLUDING A MAORI CANOE FROM NEW ZEALAND & THE FAMILY CANOE OF EMMITT OLIVER WHO WAS A MAJOR ORGANIZER OF THE TRIBE'S WHO WERE INVOLVED IN 1989

THE SQUAXIN ISLAND TRIBE'S CANOE FAMILY IS SEEKING NEWCOMERS TO GAIN MORE PEOPLE BECAUSE WE NEED ANYONE WHO IS INTERESTED TO KEEP OUR CANOES FILLED FOR THE JOURNEY

WE HOPE TO CONTINUE TO GROW AND WE NEED ANY & ALL PEOPLE INTERESTED IN PARTICIPATING TO COME TO DRUMGROUP ON WEDNESDAYS @ 6pm @ THE MUSEUM OR FEEL FREE TO CONTACT JEREMIAH GEORGE @ 432-3968 TO BE UPDATED ON ANY UPCOMING EVENTS VIA EMAIL OR PHONE

PLEASE BE ON THE LOOKOUT FOR CANOE FAMILY UPDATES IN THE MAIL

FOR INSTANT UPDATES VIA EMAIL OR PHONE PLEASE CONTACT JEREMIAH GEORGE SO HE CAN ADD YOU TO HIS CONTACT LIST

Squaxin Island Tribe Canoe Journey 2009 Schedule

Hosting Site	Landing Day	Departure Date	# of Days
Nisqually	Saturday July 25	Sunday July 26	1
Squaxin Island	Sunday July 26	Monday July 27	1
Twanoh State Park	Monday July 27	Tuesday July 28	1
Potlatch State Park	Tuesday July 28	Thursday July 30	2
Brinnon	Thursday July 30	Friday July 31	1
Port Gamble S'Klallam	Friday July 31	Saturday August 1	1
Jeff Head	Saturday August 1	Sunday August 2	1
Golden Gardens	Sunday August 2	Monday August 3	1
Suquamish	Monday August 3	Sunday August 9	7 (Possibly 8)
		Total Days	16



MUSEUM LIBRARY AND RESEARCH CENTER



Congratulations Squaxin Island Canoe Family:
1st Place Ribbon for the Float in the Forest Festival Parade on June 6th!!!

MUSEUM EVENTS July 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
For More Info Contact Ruth Whitener 360.432.3841	Jeremiah George 360.432.3968		1 6pm Drumgroup	2 3x3 Button Wall Hanging class 4-6pm	3	4 Independence Day
5	6	7 Basketry class 4-6pm	8 6pm Drumgroup 7pmMovie "Canoe Way the Sacred Journey"	9 3x3 Button Wall Hanging class 4-6pm	10	11
12	13	14 Canoe Journey KIT making class Elise Krohn 4-6pm	15 6pm Drumgroup	16 3x3 Button Wall Hanging class 4-6pm	17	18
19	20	21	22 6pm Drumgroup	23 3x3 Button Wall Hanging class 4-6pm	24 Mason County Fair begins- Squaxin Cultural Performances	25
26 Canoe Journey Starts from Nisqually 2 Squaxin	27 Canoe Journey Squaxin 2 Allyn	28 Basketry class 4-6pm Canoe Journey Twanoh Park 2 Potlatch Park	29 Canoe Journey Potlatch Park Camp Over	30 3x3 Button Wall Hanging class 4-6pm Canoe Journey Ptlch 2 Brinnon	31 Canoe Journey Brinnon 2 Golden Gardens	Canoe Journey Arrival in Suquamish on August 3 rd Hosting until August 8 th





CONGRATULATIONS GRADUATES



High School



Dillon Decicio

Dillon is the Great Grandson of the late Theresa Faye Nason (Cooper) and the late Walter John Henry, Sr., Grandson to Barbara Anne Henry & the late Walter Steve Henderson, and the late Bobby & Marcia Smith, and Son to Joanne & Dino Decicio. Dillon Decicio graduated from Capital High School on June 11, 2009. His current GPA is 3.9. Dillon participated in running start attending (SPSCC) South Puget Sound Community College as a high school senior and is currently still attending. He plans to earn an (ATA) Associates in Technical Arts, in Information Services, and then he plans to continue on to obtain his Bachelors Degree but has not decided which college or specific major yet, but will continue in the computer science field.

Dillon participated in Distributive Education Clubs of America (DECA) for three years, ninth through most of eleventh grade. DECA is intended to enhance the co-curricular education of students with interests in marketing, management, and entrepreneurship. Dillon won a 1st place medal and plaque for the "Technical Sales" category in Regional Competition during 10th grade. Dillon enjoyed the public relations aspect of DECA as well as the customer service qualities DECA strengthens.

**Congratulations
To My
Nephew, Joseph Harrell!**

Love, Auntie Joanne & Family

**Congratulations To Our
Beautiful Aleta!**

Love, Joanne, Dino, & Dillon



Joseph Harrell

Joseph Harrell, the son of John and Donna Harrell, graduated from Washougal High School on June 13th. He has been accepted to Washington State University in Pullman where he plans to earn a degree in chemistry. Eventually he would like to earn a Ph.D. in biochemistry.

Joseph was active in band and golf throughout all four years of high school. Then, in his junior year, he discovered a new love . . . acting on a stage. He had a major role in the school's play "Kung Fu Hamlet," a comedic version of the real Hamlet. He was loving all the cheers and laughs. He has always been the "entertainer" in the family, and he loves to laugh!

For his Senior Project he wanted to do something to benefit the people of Darfur, Africa.. He set up a fund-raising page, as well as, functions at his high school to try to raise money and awareness for the people of Darfur. You can check out his fund-raising page at change.org. He was able to raise over \$500 through the web site and another \$200 at his high school. He became a fund-raiser and advocate for STANDNOW Student-Led Anti-genocide Coalition and savedarfur.org. You can check out the web site at <http://www.change.org/myfundraising/JoeHarrell>.



Adam Mowich

Hello! My name is Adam Mowitch, son of Patti LeClair and Stuart Mowitch, and proud graduate of Shelton High School, Class of 09.

I am 18 as of October 3, 2008. I grew up most of my life on the Skokomish reservation, but spent a lot of time out at Squaxin.

For my Senior Project I did an Oxycontin prevention presentation focused towards the youth of Skokomish at Hood Canal School. I taught them how to identify those types of drugs and reasons why no one should do them. In the end, I thought it was pretty effective. The kids really paid attention and knew how to answer my questions at the end of my presentation about what they learned.

This summer I will be working at Little Creek Casino Resort as a buffet host.

To further my education, I plan on attending SPSCC during the winter quarter (to give myself a break from school for a little while).

I'd like to give thanks to my mother, Patti LeClair, and step-father, Larry McFarlane! I couldn't have done it without you two!



CONGRATULATIONS GRADUATES



High School



Aleta Poste

Hello Everyone! Most of you may already know me, but for those who don't, my name is Aleta Poste. I am the daughter of Charlene Krise, a Squaxin Island Council Member. I lived on the rez most of my life, but I just recently moved out to Arcadia with some friends.

I graduated last October, later than expected, but I did it! Sometimes the smallest of things can hold us back and that's what was happening with me - two lousy little credits.

I'd have to thank a man named Bill who worked with the tribe last year (I can't remember his last name). He was the reason I did graduate, as well as my family. They pushed me to get those math credits done! I have been working with the kids for a couple of months now, and I plan on attending SPSCC in the fall and staying at my job here with the youth.

huy'
Aleta (:



Jessica Johns

Jessica Johns, the granddaughter of Delwin Johns and Charlotte Kennedy, and the daughter of Douglas Johns and Debbie Goodman, and the sister of Kalea Johns, Austin Short, Jacob Johns, and the step-sister of Karyne Johnson, Ashley Goodman. Graduated from South Sound High School on June 12th, 2009. Throughout high school, she attended Capital High School for 3 1/2 years, then River Ridge High School for 1/2 year, and then South Sound High School for her Senior year.

"I plan to attend South Puget Sound Community College for a few years starting in the 2010-2011 school year. I plan to get a AA degree in Early Childhood Education, then possibly continue going to a different college and getting a elementary teaching degree."



Candace Penn

Candace Olivia Penn, the granddaughter of Myrtle Richards and William B. Penn, the great-granddaughter of Florence Sigo, and the daughter of William Penn, and sister of Joshua Penn, graduated from Shelton High School on June 12th.

Through high school she attended Olympic College in Shelton and SPSCC in Olympia through the Running Start program. She will be attending The Evergreen State College this fall to study pre-medical courses.

"I intend to study natural cures for common diseases in place of our modern medicine," she said. "I also intend to incorporate our Native American teachings within my healing process."

"There are several people who inspired me on my journey," Candace said. "I would like to give special thanks to my brother for all the encouragement he has given over the years. And to my dad for never, ever giving up. I made it!"

***Candace Ehrhard
of Pocatello, Idaho
also graudated from
high school this spring.***



Dan Greig

Daniel E. Greig graduated Friday, June 12, 2009 from Shelton High School. He has been warmly welcomed into the Bloomfield family & Squaxin community after the marriage of his mother, Kim to Vicky Engel's son, Max. Vicky is the daughter of Misty & Nancy Bloomfield. Dan attended school at the Shelton School District. While in 9th grade (Mr. Conover's Earth Science) his interest in natural resources began to unfold. That following summer, Dan was chosen to participate in the WSU/Mason County Forestry internship. He applied and was accepted for the Kiwanis State Patrol Youth Academy the following summer (giving him a "real life" taste of military style discipline.) His passion in natural resources and his interest in pursuing a law enforcement career came together as a long-term goal of becoming a natural resources/fish and game officer.

In addition, Dan enjoyed working with Mark Snyder during Summer Recreation, assisting Jack Selvidge in building the various playgrounds in the housing community, PCT Forestry work and working the tides (oysters-hardest work ever!) up the canal at Hama Hama Shellfish Company.

More on Page 13

Congratulations Dillon – We Are So Very Proud of You!

We Love You!!!

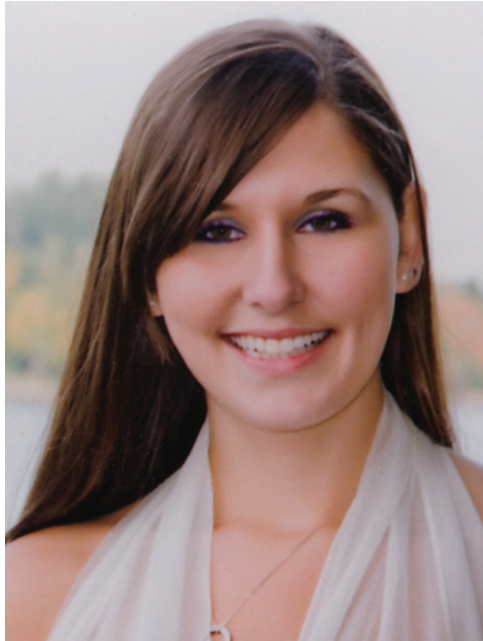
**Mom, Dad, Sis Chass, Niece Nokomis, Grandma Barbara,
Uncle Vinny & Auntie Margaret, and All the Rest of Us.....**



CONGRATULATIONS GRADUATES



High School



Leila Whitener

Leila Whitener, the daughter of Ruth and Andy Whitener, graduated from Shelton High School on June 12th. This was Shelton High School's 100th graduation ceremony - a historic event.

For her Senior Project, Leila raised over \$2,500 for the Susan G. Komen Breast Cancer Foundation and participated in the 3-day, 60-mile walk with a team of just over a 100 other walkers who she had never even met before!

Her parents want her to know they are "very, very PROUD!"



Alexandra Mirka

Alexandra Mirka, the daughter of Dana VanCleave and Gary Mirka, graduated from Shelton High School on June 12th.

Alexandra was on the Honor Roll her first semester.

When asked about special hobbies, she said, "Basically I live for God."

She plans to have a ministry and loves working with children, so she would like to be a teacher in an orphanage in the future.

She may get a degree in biblical studies.

Alexandra enjoys traveling. "God has put that desire in my heart," she said. "I know he will work that out to be part of the ministry."



Wilma Morris

Wilma Moneaka Morris graduated May 22nd from Pope County High School. Her parents are Monte and Cindy Morris of Golconda, Illinois. Her grandparents are Ray and Sue Morris of Golconda and Wilma Murphy of Vienna, Illinois.



Christopher Stewart

Christopher Stewart, the son of Debra Tennis, graduated from Career Tech High School through Job Corps in June.

He is enrolled in the College of Western Idaho beginning this fall, and will study auto body repair and painting.

In his free time, Christopher enjoys fishing and camping.



Kenna Krise

Kenna Krise, the daughter of Rose and Alan Krise, graduated from Capitol High School on May 5th. She will be employed in the Stepping Stones Mentor program this summer helping out with the kids in the community.

She is married to Victor Bolanos and is the proud mom of Larissa Krise, who is two years old.

She plans to attend South Puget Sound Community College this fall to work on her Associates degree.



Amanda Vera

Amanda Vera, the daughter of Karen and Jason Kenyon, graduated from Mary M. Knight High School on June 6th.

Amanda was valedictorian for the graduating class, and graduated with a 3.6+ GPA. She was very involved in sports all four years of high school and lettered in both volleyball and basketball.

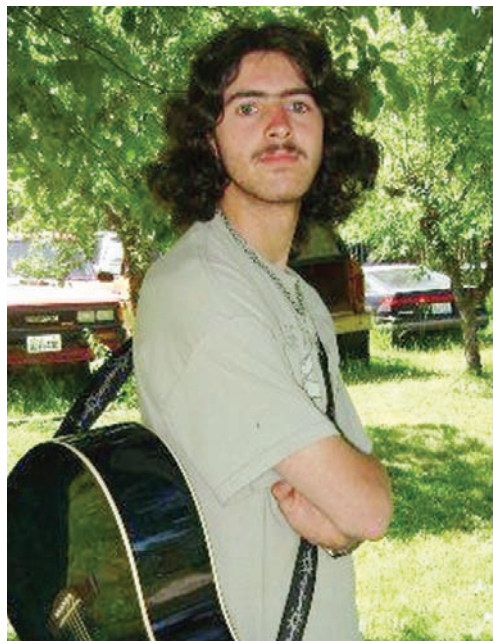
She will be attending the University of Washington this fall and plans to Major in biology and pre-med. She hopes to be a pediatrician.



CONGRATULATIONS GRADUATES



GED



David York

Dave York, the son of Vicky Engel and Chuck York and the grandson of Misty and Nancy Bloomfield, received his GED from Olympic College.

He graduated from Hood Canal School in 2003 and attended Shelton High School and C.H.O.I.C.E. High School.

Upon becoming a parent, Dave chose the fast track and enrolled at Olympic College to get his GED.

Dave's interests, family, volunteer work and community events include regular church attendance, Shelton Indian Education Button Robe Project, Mason County Explorer Search and Rescue, Blazing Stars 4-H Club, Bukutan Karate, Shelton High Swim Team, dog shows participation, National Park trail maintenance, county fair and Forest Festival activities.

At C.H.O.I.C.E Dave explored his interests by taking guitar, choir, and computers. He expanded his interest in computers by taking a DigiPen class at New Market Skills Center. His future plans are to work his way through school and continue his education in computers. Currently, Dave is working at Little Creek Casino Resort.



James Coxwell

Hi, my name is James Coxwell. I am 19 years old and I am the son of Nora and John Coxwell. Recently I completed and passed the G.E.D. completion program. I feel very proud to have finished the program. I would like to thank the Ta Ha Buts Learning Center for providing me with this opportunity. A special thanks to Jamie Jhanson for all of your support. I am proud that my brother and I are receiving recognition for completing this program. We did it Mitchell!



Steven Lehman, Jr.

Steven Lehman, Jr. received his GED from Puget Sound Community College in December. He is continuing to attend SPSCC where he will earn a double Associates in Science and Business. He currently has a 3.85 G.P.A.

Steven is the son of Margaret Pickernell and Steven Lehman. Steven's grandmother on his mother's side is Emma Jean Valle, and his great-grandmother was Hazel Bagley.



Michael West

Michael West, the son of Kim James and grandson of Ruby Fuller, received his GED on November 21st from Washington State University. He got high scores on both the math and science portions of the test.

He has been working at the Squaxin Island Department of Natural Resources as a Fisheries Technician since March and will be working with the seven- and eight-year-olds in Summer Rec.

This fall he plans to take a little break and then apply to go back to Natural Resources and possibly take some college courses.



Morningstar Green

Hi, my name is Morningstar Green. I got my GED in September '08. I was so proud to accomplish getting it. I had a goal to get it before I had my daughter, and I followed through.

I would like to thank my sisters for believing in me and pushing me forward.

Now my plan is to go back to school for nursing.

I just want people to know that if you have goals, just remember to keep going for them. Even if it gets hard, don't give up.



***Violet Garcia
also received her GED
Congratulations Violet!***

***Congratulations on 8th Grade
Graduation Elena!***

***Love, Mom
& the Whole Family***



CONGRATULATIONS GRADUATES

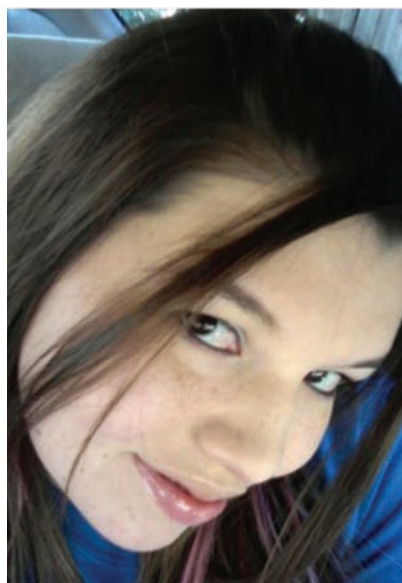


GED



Santana Mesplie-Sanchez

For those who don't know me, my name is Santana Mesplie-Sanchez. My parents are Vernon Sanchez and Leanora Cruz. I have grown up on the rez all my life. I have made a few poor choices, but I have grown from them. Therefore, I am very thankful for them. I'm so proud of this achievement in my life and look forward to what's next in my educational goals. I want to thank my family and friends (I love you Zach and Ness) for their support. I strongly encourage anyone to reach out for help and get it done if needed. Be a success.



Kim Heller

Kim Heller recently graduated from the Reservation Based Program with an Associate of Arts degree. This program is a cooperative between Grays Harbor Community College and The Evergreen State College. Kim was also recognized as being one of the top ten academic scholars in the Grays Harbor Community College 2009 graduating class.

Congratulations To My Beautiful 'Lil Cousin, Santana!

Love, Joanne, Dino, & Dillon

Hi my name is Lyssa Davis. I am 21 years old, and a single mother to a little boy named Adrian. I was attending Austin Community College to get an Associate of Science degree to become a registered nurse. But I had put that on the back burner. After I had my son, I wanted to make money and fast. IHOP isn't where I want to spend my life, raising a son on my own (even though I have the help of my parents). So I decided to attend Everest Institute in Austin, Texas with the referral of my friend Amanda Hodge of Shelton, WA. I just recently graduated in May! Its an amazing feeling. I also just took my certification exam and I passed with flying colors! I have my son to thank for the inspiration he gave me to hurry up so I can make money to take care of him. Of course I have my brother and my sisters to thank too! Oh yeah, and my mom and dad of course! :) They have all inspired me in different ways! I can't wait to get out there and work! Thanks Ya'll!

Associates Degrees



Jennifer Ogno

Jennifer Ogno, the daughter of Jeff and Paula Peters, graduated from University of Phoenix (UOP) on June 20th with an Associate of Accounting Degree.

Jennifer has been employed as the Budget Coordinator for the tribe since July 2008. Before that, she worked as the Housing and Utilities Cashier beginning in August 2006.

She graduated with a 3.45 GPA and is going to continue to attend UOP to earn a Bachelor's in Business Accounting.

Jennifer enjoys basketweaving in the little free time that she has since she is the mother of three boys. :)



Jason Kenyon

Jason Kenyon, the son of Lawrence and Sandra Kenyon and grandson of Lucinda and Vernon Kenyon, Sr. and Norman and Marion Richardson, graduated from Grays Harbor College on June 19th with an Associates degree in Diesel Technology.

He got 2007/2008 Diesel Student of the Year. He achieved a 3.71 G.P.A and was on the President's Honor Roll! He is also a member of the Grays Harbor College Diesel "A Team" for getting six consecutive A's!

He is hoping to get on with Kenworth in Aberdeen, but it depends on the economy picking up.

In his spare time, Jason enjoys riding motorcycles and quads and spending time with his three children, Jason, Jr., Harley and Cheyanne.





CONGRATULATIONS GRADUATES



Bachelors Degrees



Holly Henderson

Holly Henderson, the daughter of Will and Theresa Henderson, graduated in December from Central Washington University (CWU) with a Bachelor of Arts, Major in Public Relations and Minor in Business Administration.

Holly is a member of Public Relations Society of America (PRSA), and served as the Public Relations Director for the Public Relations Student Society of America (PRSSA) during her time at CWU.

She worked as an Executive Communications Intern at the Secretary of State's Office during the summer of 2008, and is now employed there as Administrative Assistant 3 (Communications Assistant).



Connie Whitener

I made it!! It seems like a long journey. I started at the International University of Nursing on the Island of St. Kitts, which is an island in the Caribbean. Island living was an interesting experience.

I learned the basics of nursing on St. Kitts and left the island after 2 years to continue my education at Grand Canyon University in Phoenix, AZ for the last year. I received my Bachelor of Nursing from Grand Canyon University in December of 2008. I sat for the nursing license test in February, 2009.

I always thought that it would be a breeze to find a job in the nursing field, but during these bad economic times even the hospitals have hiring freezes. I did find a job in March at a small hospital regional in Parker, Arizona, which is located on the Colorado River Indian Reservation. I work in ICU (Intensive Care Unit) and on the Med/Surg floor when needed. I am still in orientation and learning the ropes.

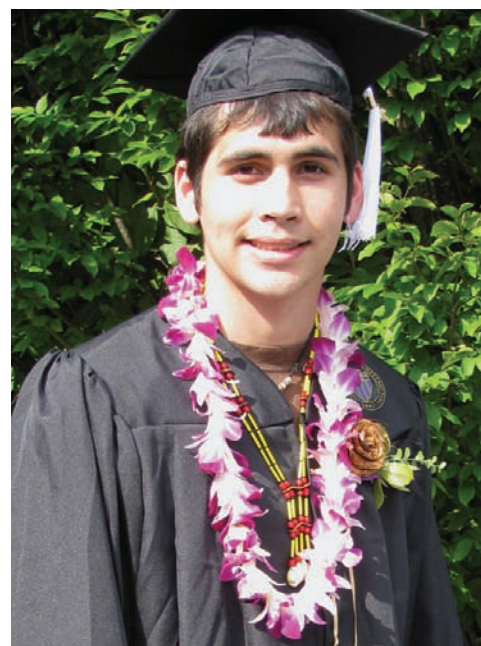
I think the variety and the continuous opportunities to learn is what drew me to nursing. My goal is to pay off my school loans! Also to learn all I can about being a ICU nurse. My other goal is to work for and with the native communities no matter where I am. I do miss home though. Maybe I can find a job where I can split

my time between AZ and WA. That way I can get out of the heat!!

I want to thank the Tribal Council and Ta Ha' Buts Learning Center for all their help and encouragement. I also want to thank my family - Mitzie, Davey and Mom, especially. I would never have completed this journey without all their support. I have always wanted to be a nurse, and now I get to say I am.

Sincerely,

Connie R Whitener BSN, RN



Josh Whitener

Hello Squaxin Island, I am Joshua Whitener son of Sadie Whitener and John Brady Whitener. I worked my way up from Wa He Lut, Shelton High School, and South Puget Sound Community College to the University of Washington and recently received a Bachelor of Arts degree with a major in Sociology and minor Public Health. I have worked several jobs since high school and hope to hold a job in public health someday soon. I would like to thank my family for endless encouragement and support and my teachers for their confidence and patience. As a note of advice: Go for it. It takes a lot of hard work and long nights, but if you make an attempt at it, college can be one of the most positive, developing experiences of your life.



Erik Velador

Eric Velador, the son of Amado and Charlotte Velador, graduated from Western Oregon University with a Bachelor of Arts in Social Science and a Minor in Entrepreneurship.

He worked full-time with Smart Wireless and Verizon Wireless during last three and a half years. Now that he's finished with school, he's looking for a job in the Social Services Field for the State of Oregon. He will continue working at Verizon Wireless until he finds a new job.

Erik's grandmother on his mother's side is Emma Jean Valle, and his great-grandmother was Hazel Bagley. His grandparents on his father's side are Antonia and Fransico Velador. He has six brothers and sisters, and is the first in his family to graduate from college with a Bachelors degree.





CONGRATULATIONS GRADUATES



Masters Degree



Meghan Brandt

Meghan Brandt, the daughter of Kathy and Chris Brandt and granddaughter of Glen and Ann Parker, graduated from Willamette University with her Masters in Teaching. She has been living in Salem, Oregon for the past five years getting her undergraduate and now her Masters and Teaching Certificate. Meghan is currently finishing up her student teaching with a third/fourth grade class in Salem and will be moving back to Newcastle, Washington to look for a job at the end of June! Wish her good luck!

**Congratulation to Beautiful
Holly Henderson
(Our Little Hollywood)!!!
Love, Joanne, Dino, & Dillon**

**Congratulations on Your
CPA Exams & All Your
Accomplishments,
Josh Henderson
(Yes, Our Little Josh Too)!!!
Love, Joanne, Dino, & Dillon**

Certified Public Accountant (CPA)



Josh Henderson

Josh Henderson, the son of Will and Theresa Henderson, successfully passed all sections of the Uniform Certified Public Accountant Examination in May and will be licensed by the end of summer.

Josh is currently employed as an Internal Auditor for Weyerhaeuser.

He graduated from Western Washington University in 2006 with a Bachelor of Arts, Major in Accounting and Minor in Business Administration.

In his free time, he enjoys snowboarding, fishing, hiking and playing baseball.

He went to Hawaii to celebrate passing the exams and caught a mahi mahi! :)



Native Business: Consumers are in Control

Jim Stanley - The new economy is a marketing economy, with the consumer firmly in charge. Technology is allowing consumers to leverage information, subvert space and time, and communicate through word of mouth instantaneously. Word of mouth communication is the most powerful form of advertising because people tend to believe someone's personal story more than any billboard, internet, or television advertisement. Business owners that understand the three factors below increase their probability of being successful.

1. Consumers are willing to try and trust new brands. People recognize that change is happening increasingly faster and are open to new ideas more than in the past. Also, there are more ways to stay connected today and we are bombarded with ideas, products, and information on new and better ways of doing things. It is the business's job to make it easy for the consumer to understand how a product or service will benefit the consumer.

2. It now costs a fraction of what it once did to create awareness about your business. Yesterday's primary method of creating awareness was buying large, expensive, tracks of TV and radio advertising. The internet did not exist. The reason why television and radio were so expensive is because there were only a handful of stations on which to advertise and a company had to advertise to everybody watching television, both target audience and non target customers. Over the last 30 years, the internet and cable television have taken off. The revolution of the internet and television industry has changed the communication options from a few network television channels to an almost limitless network of focused distribution channels that reach to many defined target audiences.

3. Consumer's access to information. The internet is a search engine almost without limits and in the last ten years, with the invention of social networking sites like MySpace, Facebook, Linked In, and Twitter, a person can both learn about people, places, and things and inform their social network instantaneously about people, places, and things. Being able to learn and inform large groups of people in real time (instantaneously) is extremely powerful because consumers are now more affective at helping each other find the right businesses to buy from and avoid those that do not live up to expectations.

Dan Greig (High School) Continued from Page 9

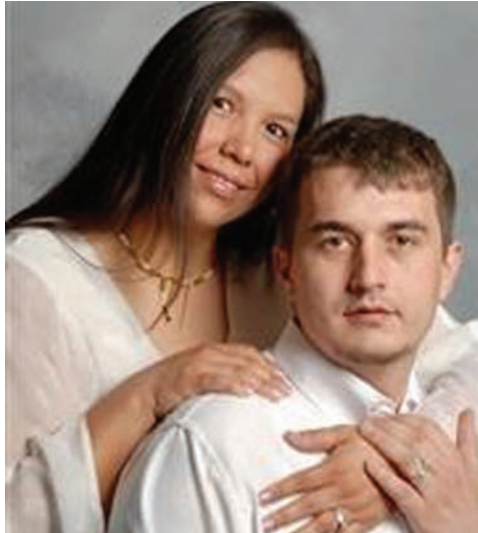
Dan enjoys spending time in the woods, hunting and fishing. He continues to enjoy learning the mechanical skills necessary to build, rebuild and maintain his truck and dirt bike. For his Senior Project, under the guidance of his high school shop teacher/project mentor, Mr. Mac' and his step-dad, Max, he successfully built a hardwood pine dresser. His work was acknowledged by Excellence in Craftsmanship awards and Mr. Mac requesting copies of his "work in progress" plans and pictures to offer inspiration to future students.

Dan was deeply touched when he received a Shelton Indian Education Button Robe honoring the achievements he has achieved through his hard work, patience

and commitment to excellence. Although Dan has only a trace of Native American blood, since being welcomed into the Bloomfield family, his life has been enriched by the community acceptance and friendship received from his family, life-long friends he has made and the wisdom he has received from the elders of Squaxin Island Tribe. Dan leaves our community on July 7th joining the USAF. After his basic training in San Antonio, TX he will do his individual training at Sheppard AFB in Wichita Falls, TX as an aircraft mechanic. Dan calls Mason County home and hopes he will not lose touch while away during his Air Force adventures.



Congratulations Rose & Cody Boggs Married June 5, 2009 at 4 p.m. At the Luxor Chapel in Las Vegas!!!



Tribal Council Resolutions

09-44: Authorizes submission of a grant application for American Recovery and Reinvestment Act, Tribal Transit Program, Federal Transit Administration funds for one body-on chassis, two modified vans and a dispatch system

09-45A: Adopts the recommended FY09 Pacific Salmon Treaty (PST) proposal for funds and the FY08 progress report

09-45B: Approves financial agreements for IGT gaming machines at LCCR

09-46: Certifies that the Tribe's public utilities is responsible for operations and maintenance of tribal septic systems

09-47: Authorizes and directs the development and implementation of a corporate compliance plan and policy and actions necessary to prevent and minimize the potential for fraud, waste and abuse in Northwest Indian Treatment Center programs

09-48: Supports the submittal of a grant application to the FTA for operating expenses needed for a bus driver and dispatch coordinator as recommended in the Transit Implementation Plan

09-49: Increases the requested grant amount from the Recreation and Conservation Office, Land and Water Conservation Fund for funding of the Squaxin skate park

09-50: Authorizes SPIPA to submit a grant proposal to the Department of Health and Human Services for the Child Care and Development Block Grant for provision of direct service and infrastructure support for child care services

09-51: Authorizes submission of a grant application to the U.S. Department of Energy to develop an energy efficiency and conservation strategy that will include an energy audit of tribal campus facilities

09-52: Requests BIA approval for the grant of easement on tribal trust land known as T-1189

09-53: Authorizes the Chairman and Secretary to perform all transactions pertaining to construction of an SR 108 turn lane on property known as the "Clary Parcel"

09-54: Requests additional funds in the FY09 Construction Shares for the Com-

mercial Area Traffic Safety Project from the BIA Indian Reservation Roads Program

09-55: Directs the Canoe Family to select officers, take and distribute minutes of the meetings and follow the other Committee and Commission processes as outlined in the tribal Code in the conducting of all business, including the Canoe Journey of 2012

09-56: Supports the submittal of a grant application to HUD's Native American Housing Block Grant Program for Slocum Ridge III Multi-Family Project



Special Thanks

We want to give a shout out to the guys at Larch. Thank you so much for inviting us to your powwow! Your hospitality was greatly appreciated. We had such a good time. The gifts that you made are beautiful and we are enjoying them very much. May the Creator continue to work in your lives and may you let him continue to guide you on His path. You all are wonderful men, thanks again for being so gracious.

GOD BLESS YOU!

Paula, Nora and Jolene

Dear Mitchell,

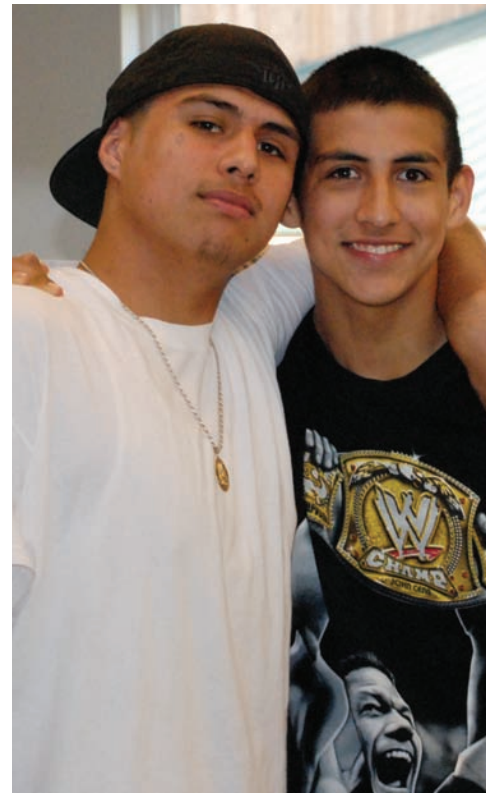
We know that you did not want anything in the paper about earning your G.E.D., but your family wanted to let you know how proud we are of you for this accomplishment. Close the door on the past, only looking to the journey yet to be lived. Remember: I can do all things through Christ who strengthens me. Philippians 4:13

WE LOVE YOU VERY MUCH!

Mom, Dad and James



— FOSTER CARE PARENTS APPRECIATION DINNER —





Foster Care Appreciation Dinner

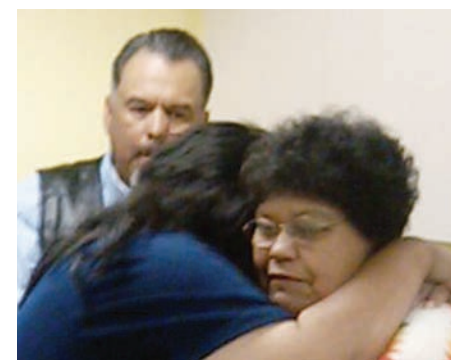
Dennis Bear Don't Walk - Each May during National Foster Care Month, organizations all over the country salute the compassionate people who make the difference in the lives of children and families throughout the year.

Young people in foster care especially need nurturing adults on their side because their own families are in crisis and unable to care for them. Thanks to the kindness and dedication of the 33 foster families serving the Squaxin Island Tribe, many of these formerly abused or neglected children and teens will either safely reunite with their parents, be cared for by relatives, or enter long-term guardianship with loving families.

The Squaxin Island Tribe's Council and Family services Program applaud the caring commitment and continuing support of these families. Without the ongoing efforts of foster parents, relative caregivers, mentors, advocates, social workers and volunteers, too many children would end up facing life's challenges all alone. Together, we offer young people in foster care the guidance, stability and love that are so essential for becoming successful adults.

On May 19th, to show how much we greatly appreciate and recognize all that these families do to help change a lifetime for a child in need. Squaxin Island Tribe Family Services and the Tribal Council hosted a Foster Care Appreciation Dinner at the Elders' Building.

There was good food, fun and fellowship, as well as gifts for the families. We hope this will be one of many annual foster appreciation celebrations honoring those who support the children and families of the Squaxin Island Tribe. Thank you foster parents!!!



*Foster Care Appreciation Dinner
photos by
Susan McFarlane*



Free Event!

Bike Your Watershed / Bike the Deschutes

SUNDAY, JULY 26, 2009

Sunday, July 26, 2009

Start/finish: Tumwater Historical Park, Tumwater
The park is located off the Deschutes Parkway on 777 Simmons Road SW (below Tumwater Falls) in Tumwater, WA. Packet pickup and day-of-ride registration will open at 8:00 a.m. and close at 10:00 a.m.

MORE INFORMATION
For more information, contact Brian Walsh at 360/407-6647 or bwalsh902@yahoo.com

Mail completed form to:

Bike Your Watershed
1919 Evergreen Park Drive SW #97
Olympia, WA 98502

Emergency Contact #



3 Routes: 5/20/30 miles

Registration includes route description, map, sag support, and snacks.

APPROVED HELMETS REQUIRED ON THIS RIDE

Name(s) (please print) _____

Address _____

City _____ State _____ Zip _____ Phone _____

e-Mail _____ Select Ride: 5 mile _____ 20 mile _____ 30 mile _____

In consideration of the Bike Your Watershed accepting my registration, I hereby for myself (or parent/guardian, if entrant under 18) waive and release any and all rights and claims for damages against Bike Your Watershed, its members and any other sponsors prior to, during, or after participation in this July 26, 2009 bicycle ride, caused by sickness, accident, or any other cause that may occur. I also agree to accept all rules, regulations and policies set forth by BYW. I realize I will be on the roadways of Thurston County during this event, and I must obey all traffic laws. I also realize that an approved bicycle helmet decreases the chance of injury. I agree to wear a helmet during this event.

Signature(s)/Date _____

Guardian (if rider is under 18) _____

Congratulations on Your Retirement Rose Cooper!!! We'll All Miss You Very Much!!!



Nutrition Online!

Now you can check out recipes from WSU Nutrition online! Check out recipes and other nutrition resources at www.nutritionatsquaxin.wordpress.com.



Seasonal Cooking Workshop

The seasonal cooking workshop series kicked off on May 12th in the Health Promotions Building. With gardens growing, farmers' markets open, produce boxes available, and fresh produce on sale at grocery stores, it's a great time to learn and share seasonal cooking recipes. In May, we made Colorful Quesadillas and Fresh Greens Salad.

Join us for the next workshop - Tuesday, July 7 @ 4:15 p.m. at Health Promotions.

Colorful Quesadillas

Serving size 1 quesadilla

Makes 8 servings

INGREDIENTS:

- 8 ounces fat-free cream cheese or refried beans
- 1/4 teaspoon garlic powder
- 8 small flour tortillas
- 1 cups chopped sweet red pepper
- 1 cup shredded low-fat cheese
- 2 cup fresh spinach leaves
- or 9 oz. frozen, thawed and squeezed dry
- 1 cup whole beans—black, pinto, or kidney

INSTRUCTIONS:

1. In a small bowl, mix the cream cheese or refried beans and garlic powder.
2. Spread about 2 tablespoons of the cheese or bean mixture on each tortilla.
3. Sprinkle about 2 tablespoons bell pepper and 2 tablespoons shredded cheese on half of each tortilla.
4. Add spinach: 1/4 cup if using fresh leaves OR 2 tablespoons if using frozen. Add 2 tablespoons of beans. Fold tortillas in half.
5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
6. Remove quesadillas from skillet, place on platter and cover with foil to keep warm while cooking the remainder.
7. Cut each quesadilla into 4 wedges. Serve warm.

Fresh Greens Salad

INGREDIENTS:

- 1 package (5 oz) Spring Mix
- 1 cup walnuts, crushed
- 1 pear
- 8-10 strawberries
- Balsamic Vinaigrette Dressing

INSTRUCTIONS:

1. Wash Spring Mix
2. Crush walnuts
3. Chop pear and strawberries
4. Toss all ingredients and add dressing to taste.



Free Diabetes Screening

**When: Tuesday-Friday
8:00-12:00 and 1:00-5:00**

**Where: Health Promotions Building
(across from clinic)**

**Who: Melissa Grant
Diabetes Prevention CHR
(360)432-3926**

Call and schedule a free diabetes screening (finger poke) with me or you can just walk in.

Please try not eat or drink anything at least 8 hours before you come see me, but if you forget you can still get tested.

Hope to hear from you soon.



Emergency Guidelines

Because Contract Health Services does have limited funding, it is required that you use the Squaxin Island Health Clinic whenever possible. If the Clinic is closed, both Shelton Family Medicine (426-2653) in Shelton and Group Health Urgent Care (923-5565) in Olympia have extended business hours. Shelton Family Medicine is open Monday through Thursday from 8:00 am until 8:00 pm; Fridays from 8:00 am until 5:00 pm and Saturday from 8:30 am until 5:00 pm. Group Health Urgent Care is open Monday through Friday from 8:00 am until 8:00 pm and Saturday and Sunday from 9:00 am until 7:00 pm. Either of these offices can advise you on how to handle a medical problem. The care you receive at these clinics must fit the priority levels at which CHS is currently operating or you will be responsible for the bill.

An emergency may be defined as “a threat to the loss of life and/or limb.” See partial listing under EMERGENCY ROOM listed below. **Contract Health Services will only pay for Priority Level I and Priority II procedures.**

Below are some situations in which you might need to go to a Clinic or Emergency Room. Please note that this is not a complete list, and is only meant to provide you with a few examples.

GO TO A CLINIC:

Earache
Cough
Ingrown Toenail/fingernail
Bronchitis
Minor Cuts & Burns
Headache
Colds

EMERGENCY ROOM:

Heart Attack
Stroke
Profuse Bleeding
Coughing & Vomiting Blood
Sexual Assault
Acute Asthma Attack
Amputation

If you find yourself in an emergency situation, please use Mason General Hospital or St Peter Hospital as the Tribe has a discount with these facilities. Please visit the Hospital's Financial Assistance Department to apply for assistance to satisfy our Contract Health Care requirements if you do not have prior authorization. Hospital Charity Care is available (up to 200% of the federal poverty level) – but only if you apply at the hospital.

Food Bank

Donations Welcome

Do you have any canned food or packaged food (non-refrigerated items) you would like to donate for a good cause? If so, please call Melissa Grant to make a donation to the Squaxin Island Food Bank at (360)432-3926. Thanks! Any donations are greatly appreciated.

The Dentist is Here Four Days a Week!

Our Dentist, Dr. Keith Doyle, DDS, is available for your dental needs at the Squaxin Island Health Center 4 days a week (Monday-Thursday). Call (360)432-3881 for an appointment.



Check out the Health Posters & Flyers!

Have you noticed the health posters around the community and more frequent health information in the Scoop? Health & Human Services (HHS) has been authorized to place posters & flyers in public places.

If you see one you like and would like a copy, please contact Janita Johnson at 432-3972.

More health posters and/or flyers will be displayed in the future.

Do you have any ideas on how to get health information to the community? Please contact Janita with your ideas.

give your child
10 tasteful GIFTS
that will last a lifetime



A love for beans.
A love for broccoli.
A love for eggs.
A love for milk.
A love for oatmeal.
A love for oranges.
A love for sweet potatoes.
A love for tomatoes.
A love for whole wheat bread.
A love for yogurt.

**Summer Time!
Cooking Time!**

**Savor Nature's
Seasonal Gifts**
A Hands-on Cooking Workshop
learn & share seasonal foods

Tuesday, July 7 @ 4:15pm
Health Promotions Building

Contact Kate Dugan at 432-3884 or
kadugan@wsu.edu with questions.

This material was funded by USDA's Supplemental Nutrition Assistance Program

**Diabetes Support &
Education**

Everyone is welcome—
those with Diabetes or not.

Thursday, July 23th, 2009
1:30 pm to 2:30 pm

Health Promotions Building

You can Take Charge of your Diabetes
& Live a Long, Healthy Life

Questions? Contact Patty Suskin,
Diabetes Coordinator at (360)432-3929



Outdoor Activity of the Month

Dash Point State Park

Submitted by Patty Suskin, from The Olympian - Dash Point State Park, which straddles Highway 509 in Federal Way, is a 398-acre camping park with 11 miles of forest trails for hikers and bikers and 3,301 feet of Puget Sound shoreline. The trails provide ample opportunity for forest exploration close to home. There are enough trails to keep you occupied for a couple of hours or a whole day.



Starting at the beach parking lot offers you choices. You can head for the beach or up into the forest. The forest trail picks up across the road from the parking lot entrance, taking you under the highway to the section of the park with the most trails.

The Outbound Trail connects to the Boundary Trail and ends at the Dash Point Highlands Park (listed as "City Park" on the trail map obtained at the park office). This neighborhood park with playground equipment is a good destination if hiking with children. Yes, you can drive there but it's more fun to get there by hiking through the forest.

The trails are rated by the park as "easiest," "more difficult" and "most difficult." with some signs amended to read "difficult," a category not shown on the map. The rating system most likely relates to hikers and bikers with no forest experience, though care should be given to pay heed to the difficulty designation until you have tried out the trails to see how they match your experience and footwear.

DIRECTIONS:

From Tacoma, take Highway 509 north. The highway also is Marine View Drive, then becomes Eastside Drive Northeast. It turns into Southwest Dash Point Road when it crosses into King County. Shortly after crossing the county line, turn left into the park (toward the water) and drive down to the beach parking lot.

Map available at park office

Pass not required

ALSO:

A map and a compass are a must for this trip. The 11 miles of trails involve a lot of intersections. Trail signs are placed high up on the trees, presumably out of the reach of vandalism. So crane your neck at each intersection to find the signs, though not all intersections have signs. In wet weather, the trail can be sloppy in spots, so use caution and hiking poles. The trails are shared by hikers and bikers, so be alert and be courteous.

INFORMATION:

www.parks.wa.gov;

"Washington State Parks," Mountaineers Books

5 Things You Should Know

About Drinking Alcohol During Pregnancy



1. **Drinking alcohol during pregnancy can cause a baby to be born with birth defects and have disabilities.** These conditions, called fetal alcohol spectrum disorders, or FASDs, are among the top preventable birth defects and developmental disabilities. FASDs can cause problems in how a person grows, learns, looks, and acts. FASDs can also cause birth defects of the heart, brain, and other major organs. These problems last a lifetime.
2. **There is no known amount of alcohol that is safe to drink while pregnant.** All drinks with alcohol can hurt an unborn baby. A 12-ounce can of beer has as much alcohol as a 5-ounce glass of wine or a 1-ounce shot of liquor.
3. **There is no safe time to drink during pregnancy. Alcohol can harm a baby at any time during pregnancy.** It can cause problems in the early weeks of pregnancy, before a woman even knows she is pregnant.
4. **Too many women think drinking alcohol during pregnancy won't hurt their unborn baby.** About 1 in 12 pregnant women in the United States reports alcohol use. And about 1 in 30 pregnant women in the United States reports binge drinking (having five or more drinks at one time)*.
5. **Fetal Alcohol Spectrum Disorders are 100% preventable.** Fetal alcohol spectrum disorders are 100% preventable—if a woman does not drink alcohol while she is pregnant.

SOURCE:

Center for Disease Control <http://www.cdc.gov/Features/AlcoholFreePregnancy>

Lead Your Family to Better Health - 5 Steps

Submitted by Patty Suskin - Parents can improve their children's health and fitness greatly by remembering five basic steps, according to Healthy You weight management program at Children's Hospital of the King's Daughters in Norfolk, Va.

Even making one or two changes from Healthy You's "Countdown to Family Fitness: 5-4-3-2-1" program will help.

FIVE: Serve at least five servings of fruits and vegetables every day. It's easier than it sounds. Half a cup of veggies or half a banana, for example, counts as a serving. Keep sliced fruits and vegetables within easy reach.

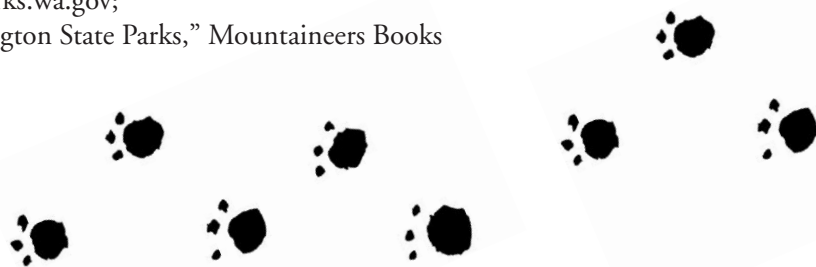
FOUR: Give kids four servings of water a day. Avoid soda and sugary juices - they're very high in calories and sugar - give them their own water bottles to fill up and keep a pitcher of water on the kitchen table.

THREE: Aim for three daily servings of low-fat dairy products, which are rich in the calcium a child's growing body needs. Examples of one serving are an 8-ounce glass of milk or yogurt and 1 1/2 ounces of cheese. If lactose intolerant, look for calcium fortified products or a calcium supplement.

TWO: Limit a child's total daily "screen time" to two hours or less (the American Academy of Pediatrics recommends no screen time at all for kids younger than 2). That includes watching television, being on a computer and playing video games.

ONE: Encourage kids to get at least an hour of physical activity every day. Plan active family outings, sign up for team or individual sports and get kids to go outside and exercise by playing or riding a bike.

Source: *McClatchy Newspapers*





HEALTH & HUMAN SERVICES



Upcoming Health Events

Brief Community Walk

Every Thursday at 12:40 p.m.
Meet at Elder's Building after Lunch

Hands-On Cooking Workshop

Tuesday, July 7th at 4:15 p.m.
Health Promotion
Contact Kate for details

Diabetes Support & Education

Take time for you & diabetes
Family & friends also welcome
Thursday, July 23rd
at Health Promotions
1:30 to 2:30 p.m.

Community Health Walk

Thursday, July 16th
Meet at Elder's Building at 12:40
for a 20 minute walk around the REZ
If you cannot make it to our walk, report
your 20 minutes of fitness to Melissa to be
in the drawing for a gas card!
First place: \$25 gas card & Nike visor
2nd place: \$25 gas card & Nike socks
3rd place: \$25 gas card.
All SPIPA tribes will be taking a walk in
their area at the same time
for diabetes prevention!
Help us win the Walking Stick!
The tribe with the most walkers each
month wins the walking stick
for that month.
We won it in May ...
can we get it back in July?

Mammograms and Women's Health Exams

July 23rd

Free Diabetes Screening
at Health Promotions
Tuesday through Friday
Contact Melissa Grant for details

Want a garden in your yard?

Are you low income?
Contact Patty Suskin
to get on the waiting list to have a garden
placed in your yard – for FREE.

Free Pilates classes

Community members welcome
Mondays and Wednesdays
4:00 - 5:00 p.m. at Health Promotions

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule
a family & friends session

Come Visit

our Health Promotions Programs

We have exercise videos
(Sit & Be Fit, Yoga,
Walk Away the Pounds & more)
in building across from clinic
Work out alone, with us
or schedule a time for a group

Interested in our Nationally Recognized Lifestyle Balance Program?

If you are ready to lose weight
and be healthier,
we can provide the support
If you are Native American and over 18,
see if you qualify to participate.

Contact Melissa Grant (360)432-3926
Patty Suskin (360)432-3929
or
Kate Dugan (360)432-3884



Meal Program Entrees July 2009

Wed. 1 - Beef & Vegetable Stew
Thurs. 2 - Soup & Build Your Sandwich

Mon. 6 - Chicken Fried Steak
Wed. 8 - Grilled Oysters
Thurs. 9 - Hamburgers

Mon. 13 - Lasagne
Wed. 15 - Breakfast for Dinner
Thurs. 16 - Tuna Sandwich & Soup

Mon. 20 - Baked Salmon
Wed. 22 - Meatloaf
Thurs. 23 - Baked BBQ Chicken

Mon. 27 - Pizza
Wed. 29 - Beef Steak- \$5 *non-Elders must
RSVP to Colleen 432-3936 by July 23rd*
Thurs. 30 - Chalupa

Menu Subject to Change

Need Food? Check these out . . .

WIC

(Women, Infants, & Children) at SPIPA
Provides healthy foods
and nutrition information
for you and your child up to age 5

PLEASE BRING:

Your child, medical coupons or paycheck
stub, and identification

Wednesday, July 15: 9 a.m. to 4 p.m.
Monday, August 3: 9 a.m. to 4 p.m.
Wednesday, August 19: 1 p.m. to 4 p.m.

CONTACT:

Debbie Gardipee-Reyes @ 462-3227
Dates subject to change

Commodities at SPIPA

Monday, July 6th, 10 a.m. to noon
Monday, August 3rd, 10 a.m. to noon

CONTACT:

Shirley or Bonita at 438-4216
or 438-4235
Dates subject to change

Squaxin Island Food Bank

At Health Promotions Building
If you need access to the food bank
at any time once a week, just stop by.
If possible, Wednesday is the best day.
If you would like to be on call list for
when we receive fresh produce or bread,
let me know.

CONTACT:

Melissa Grant @ 432-3926



COMMUNITY



Happy Birthday

Del Johns	01	Myrtle Richards	12	Charles Mickelson, Jr.	18	Loretta Case	26
Isaac Johns	01	Terence Henry	12	Victoria Neilsen	18	Malia Henry	26
Mark Jones	01	Jonie Fox	12	Dana Vancleave	19	Chas Addison	27
Malynn Foster	01	William Peters	13	Clara Capoeman	19	Marvin Henry	27
Tully Kruger	01	Jennifer Evans	13	Elena Capoeman	19	Dorian Williams	27
Janessa Kruger	02	Donald Daniel III	13	Jearid Williams	19	Kira Coley	28
Annie-Beth Whitener	04	Moody Addison	13	Leila Whitener	21	Felicia Berg	28
Jeremie Walls	04	David Lewis	13	Corri Coleman	21	Markiemihoh Johns	29
Elijah Garcia	05	Elizabeth Yeahquo	13	Cara Price	22	Nathan Armas	29
Jon Whitener	05	Antonio Rivera	14	Bette Peters	23	Marissa Morken	29
Gary Brown	05	Shaiann McFarlane	14	Chicki Rivera	23	Judah Thale	29
Sadie Lorentz	06	Cristian Rodriguez	14	Austin Solano	23	Rose Arzate	30
Dale Brownfield	06	Mario Castillo	15	Richard Piersol	23	Marcus Johns	30
Celeste Forcier	06	Seth Thomas	15	Amanda Peters-Pierce	23	Tasheena Sanchez	30
Martin Sequak Jr.	06	Brett Orozco	15	Misty Walker	24	Robert Whitener	30
Todd Hagmann	07	Mary Kuntz	16	Hailey Blueback	25	Billie Lopeman-Johns	30
Virginia Berumen	08	Nikita Mowitch	16	Walter Lorentz, Jr.	25	Nyah Sicade	31
Kui Tahkeal Sr.	08	Viola Thomas	16	Eileen George	25	Stanton Sicade Jr.	31
Diana Van Hoy	08	Matthew Bell	17	Thomas Blueback, III	25	Jordon Lopeman-Johns	31
Steve Witcraft	08	Daniel Johnston	17	Brenda Day	26	Jaelin Campbell	31
Clayton Edgley	09	Tiffany Henderson	17	James Brownfield	26	Michael West	31
Keenon Vigil-Snook	09	Alan Depo	17	Fay Monahan	26		
Mary Monahan	10	Kristina Bechtold	17				
Nyla King	10	Violet Garcia	18				
Ruth Creekpaum	11	Alexander Van Horn	18				

What's Happening

Squaxin Bible Study Tuesdays @ 6:30 p.m., 30 Ho-Mamish Court Pastors Ron and Kathy Dailey				1	2	3	4
			Family Court	AA Meeting 7:30			
5	6	7	8	9	10	11	
			Canoe Way Showing at MLRC	Council Mtg. AA Meeting 7:30			
12	13	14	15	16	17	18	
		Criminal/Civil Court		AA Meeting 7:30			
19	20	21	22	23	24	25	
				Council Mtg. AA Meeting 7:30			
26	27	28	29	30	31		
----- Canoe Journey -----							
		Criminal/Civil Court		AA Meeting 7:30			

Dear Ms. Woodard,

Thank you for this opportunity to job shadow you on May 8, 2009. I truly enjoyed myself and learned a lot about being an elders' activity coordinator for the Squaxin Island Tribe. Every one of the elders was helpful and friendly. You showed me what I might be able to do in the future.

I learned that it is always a great thing to be polite and to care for others that are in need of help, and the appropriate behavior that needs to be taken while on and off the job. I really learned a lot about your work, and I never knew how busy and wonderful it can be. You get to help others while going on fun and extraordinary trips. You get to meet new people from different tribes and you get to be around a lot of fun people that share the same ethnic group as you. I especially enjoyed being able to go to the new Tulalip Casino and being able to be part of the Elders' Gathering. This experience has opened up a lot of options for me to consider and helped me decide more about becoming an activity coordinator for the Squaxin Island Tribe or even an assistant for the activity coordinator.

This was an amazing experience for me, and I can now see why you love your job so much. It is filled with a lot of hard work and patience, But all of this work is rewarding in so many ways and I am glad to be a part of it and to share this opportunity with you and the Elders, and it makes me proud to be Squaxin.

Sincerely,

Chevelle Woodard



Hello from Roy Perez

Hello everybody,

Its me Roy. I thought I'd drop a letter to let my friends and family know how I'm doing. Well, first off, I'd like to apologize to you all for being such a big disappointment. Believe me, Meth is no joke. But this letter isn't to put blame on the drugs or others. I made the wrong choice, yes me! No one else. All I can say is I'm paying for all the wrongs I did.

Well, if you don't know, I'm here at McNeil Island Work Camp. Since I've been here I've lost 40 pounds and my goal is ot lose another 40. I lift weights five days a week and run and walk in my spare rec time. I'm also furthering my education. I just finished ITC 110, and moved into a computer aided drafting class. Believe me its a very hard class. I'm going to be completing my family dynamics class here in June, and on the weekends I go to N.A. As you can see, I try to keep myself very busy. Oh yeah, I've become a pretty good beader. That also really makes time fly.

Its hard in here sometimes because I don't hear from too many of my family and friends. But I feel it will make me stronger or less likely to be hurt. In here you can't turn your back on your friends.

All I want is blue skies and sunshine, but in here it stays cloudy and grey. I miss my home in the South Sound by the bay. Sometimes I wish that I could go back, turn back time, press rewind and start over. Change my mind, change the past and change my life's design. The life I lived is far from pretend, but that's no excuse for the negative things I did.

I just want to say don't give up on your goals (637). I'd like to let my daughter, Winter Raven, know Dad loves and misses you. And that goes for Michael James also. Also, my other three kids, the 3 J's. I'd like to let my mom know I love her very much and to stay strong. And that goes for Gramma Elsie also.

Well, I want to keep this a 'lil short, so I'm gonna go for now. Keep it real and CHOOSE UP.

- Magdelano "MP" Perez

Oh yeah, I want to give a shout to all my bro's behind iron doors in other places. T-Pix, JG, J-Hawk, Road Kill, Big Ry, The Double D's, Brothr, Turbo, Bear, Donnie. If I forgot anyone, L &R.

To my bro's released, Pete Daniles, Off 1, Budda, Prime time and Lil Theo, its time for a change and change comes with time.

Love and respect LANO
Native Pride

Magdelano Perez 930454
MICC E-227-1
P.O. Box 881000
Steilacoom, WA



**Happy 32nd Birthday
Babe/Daddy (Gary Brown)!**
We Love You Lots!
Lynz and Kiddos "

**Happy Belated 34th Birthday
Puddy**
Love, Marlana

**Happy Birthday
Dad & Tiffany!!!**
Love - Wicket & the Kids

**Happy Belated 22nd Birthday
Sonny**
Love, Marlana

**Happy Belated 29th Birthday
Walter**
Love, Marlana

**Happy Belated Birthday
Uncle Ray**
Love, Marlana

Happy Birthday Mom!
Love, Sonia

**Happy 10th Birthday
Malia Red-Feather Henry**



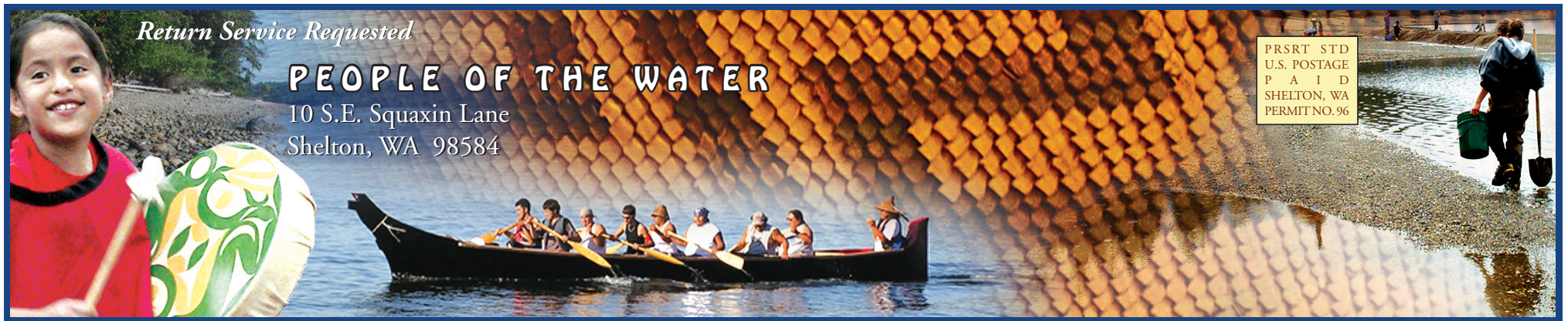
**All our Love,
Mom (Margaret)
Dad (Vinny), Vince Jr.,
Jolene, Kiana & the
Rest of Your Loving Family**

**Happy Birthday
Dad / Uncle Marvin!!!**
Always - Wicket & Melissa

Happy Birthday Shaiann!!!
**Love - Gramma Sue,
Wicket and the Kids**

Congratulations to Kody Peters and Nairn Peters for their completion of Kindergarten. Kody is the son of Kris and Brandi Peters. Nairn is the son of Joseph and Amy Peters.





Return Service Requested

PEOPLE OF THE WATER

10 S.E. Squaxin Lane
Shelton, WA 98584

LCCR Experiences Small Kitchen Fire

Little Creek Casino Resort experienced a small short-lived kitchen fire in the award winning Creekside buffet on the evening of Monday June 15th 2009. No resort guests or employees were injured during the safe and organized clearing of the casino. Little Creek would like to thank fire district #4 of Mason County in addition to the local police department for its immediate response.

Our Entertainment Speaks For Itself

Entertainment Line-Up

Gabriel Iglesias

July 24th • 8pm

Bill Engvall

September 5th • 7pm & 9:30pm

Beach Boys

September 17th • 8pm

REO Speedwagon

October 2nd • 8pm

Visit our website for tickets and details!

LITTLE CREEK
CASINO • RESORTSM

www.little-creek.com or call 800-667-7711

Must be 21 and over. For skyboxes call 432-7043. Minutes North of Olympia on Hwy 101

Little Creek Casino, Skookum Creek Tobacco & Kamilche Trading Post

Proudly Present

The Black Lake APBA Western Divisionals 2009

Olympia, Washington - July 11th & 12th - All Day Boat Racing Fun!



Viewing at Evergreen Shores Park 11am - 6pm

Canoe Racing 11am Both Days

Beer Garden 11am - 11pm Live Music Saturday 6pm - 10pm

Sponsored by



along with



Silver Cloud Inns

